



Nutrition Guide

NOTE: When printing this guide your printer's layout properties will need to be set to landscape orientation.

Burgers

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
SONIC® Burger (w/ Mayonnaise)	248	650	340	37	10	1	70	720	55	5	11	26	6%	10%	15%	25%
SONIC® Burger (w/ Mustard)	241	560	240	26	9	1	60	750	54	5	11	26	6%	10%	15%	25%
SONIC® Burger (w/ Ketchup)	248	560	240	26	9	1	60	820	57	5	14	26	8%	15%	15%	30%
SONIC® Cheeseburger (w/ Mayonnaise)	266	720	380	42	14	1.5	90	1040	56	5	12	29	10%	10%	25%	25%
SONIC® Cheeseburger (w/ Mustard)	259	620	280	31	12	1.5	75	1070	55	5	12	29	10%	10%	25%	25%
SONIC® Cheeseburger (w/ Ketchup)	266	630	280	31	12	1.5	75	1140	59	5	15	29	15%	15%	25%	30%
SONIC® Bacon Cheeseburger	279	780	430	48	16	1.5	100	1300	57	5	12	33	10%	10%	25%	30%
SuperSONIC® Cheeseburger (w/ Mayonnaise)	343	980	570	64	24	2.5	165	1430	58	5	13	46	15%	10%	35%	35%
SuperSONIC® Cheeseburger (w/ Mustard)	336	890	470	53	22	2.5	155	1460	57	5	13	46	15%	10%	35%	35%
SuperSONIC® Cheeseburger (w/ Ketchup)	343	900	470	53	22	2.5	155	1540	60	5	16	46	20%	15%	35%	35%
Jr. Burger	117	310	130	15	5	0.5	35	610	30	3	7	15	4%	4%	10%	15%
Jr. Cheeseburger	135	380	180	20	9	1	55	930	31	3	8	18	8%	4%	20%	15%
Dixie Burger	255	660	340	37	10	1	70	810	55	5	11	26	6%	10%	15%	25%
Dixie Cheeseburger	273	720	380	42	14	1.5	90	1120	56	5	12	29	10%	10%	25%	25%
Thousand Island Jr. Cheeseburger	137	430	240	27	10	1	60	700	30	3	6	18	10%	0%	20%	15%
California Cheeseburger	266	690	350	39	13	1.5	80	1060	57	5	13	29	15%	10%	25%	25%
SuperSONIC® Jalapeno Cheeseburger	313	890	470	53	22	2.5	155	1600	56	5	12	46	15%	2%	35%	35%
Thousand Island Cheeseburger	266	680	340	38	13	1.5	85	1130	58	5	14	29	15%	10%	25%	25%
Jalapeno Cheeseburger	215	610	280	31	12	1.5	75	930	53	5	11	28	8%	2%	25%	25%
Jalapeno Burger	197	550	230	26	9	1	60	610	52	5	10	25	2%	2%	15%	25%
Green Chili Cheeseburger	287	630	280	31	12	1.5	75	1070	56	5	12	29	10%	25%	25%	25%
Chili Cheeseburger	226	660	310	35	14	1.5	85	990	56	5	11	31	10%	2%	25%	30%
Hickory Cheeseburger	236	640	280	31	12	1.5	75	1170	61	5	17	28	10%	8%	25%	30%
Jr. Double Cheeseburger	190	570	320	35	16	1.5	110	1290	33	3	9	30	15%	4%	30%	20%

Add Ons

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Cheese	18	60	45	5	3	0	20	310	2	0	1	3	6%	0%	10%	0%
Bacon	13	70	50	5	2	0	15	260	0	0	0	4	0%	0%	0%	2%
Chili	33	50	35	3.5	1.5	0	10	160	2	1	1	3	6%	2%	2%	2%
Jalapeno	21	5	0	0	0	0	0	280	1	1	0	0	2%	0%	2%	2%
Green Chiles	28	5	0	0	0	0	0	5	1	0	0	0	0%	15%	0%	0%
Slaw	28	45	30	3	0.5	0	5	45	4	1	1	0	4%	80%	2%	0%
Grilled Onions	28	25	15	2	0	0	0	200	2	1	1	0	0%	0%	0%	2%

Kids' Meal

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Jr. Burger	117	310	130	15	5	0.5	35	610	30	3	7	15	4%	4%	10%	15%
Jr. Cheeseburger	135	380	180	20	9	1	55	930	31	3	8	18	8%	4%	20%	15%
Corn Dog	74	210	100	11	3.5	0	20	530	23	2	4	6	0%	0%	4%	6%
Grilled Cheese	110	380	180	20	8	0.5	35	1010	39	2	6	12	15%	0%	25%	4%
Chicken Strips (2)	70	200	100	11	2	0	30	470	10	1	0	14	0%	2%	0%	4%
String Cheese	28	80	45	5	3	0	15	190	0	0	0	7	4%	0%	20%	0%

Toaster® Sandwiches

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Chicken Club TOASTER® Sandwich	257	740	410	46	11	0.5	80	1740	55	4	7	29	15%	6%	20%	15%
Bacon Cheeseburger TOASTER® Sandwich	243	670	350	39	14	1.5	90	1390	52	3	13	29	15%	10%	20%	15%

Fresh Tastes® Salads

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Grilled Chicken Salad	358	310	120	13	6	0	100	1070	19	4	8	29	110%	40%	20%	8%
Jumbo Popcorn Chicken® Salad	354	480	250	27	9	0.5	60	1410	39	6	9	22	110%	40%	25%	15%
Santa Fe Chicken Salad	406	380	140	15	7	1	100	1180	29	6	8	30	120%	50%	25%	10%

Hidden Valley® Ranch Dressings

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Original Ranch Dressing	57	260	250	28	4.5	0	20	490	0	0	0	0	0%	0%	0%	0%
Original Light Ranch Dressing	57	120	60	7	1	0	15	740	14	0	5	1	0%	0%	2%	0%
Honey Mustard	57	240	190	21	3	0	15	300	14	0	12	1	0%	0%	0%	0%
Fat Free Golden Italian	57	50	0	0	0	0	0	600	13	0	4	0	0%	0%	0%	0%
Southwest Ranch	57	120	60	7	1	0	15	770	15	0	5	1	4%	0%	0%	0%
Thousand Island	57	250	230	25	4	0	30	590	9	0	7	1	15%	4%	0%	0%

Wraps

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Grilled Chicken Wrap	253	380	100	11	3	0	80	1440	44	3	5	29	6%	8%	15%	15%
Chicken Strip Wrap	232	470	180	20	4.5	0	40	1310	54	4	5	22	6%	10%	15%	15%
FRITOS® Chili Cheese Wrap	239	670	340	38	13	1	50	1360	66	6	4	22	20%	4%	35%	20%

Chicken

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Chicken Strip Dinner (4)	385	930	390	43	8	1	65	1610	100	7	7	36	2%	8%	8%	20%
Grilled Chicken Sandwich	213	420	180	20	3	0	80	670	33	3	5	29	6%	6%	10%	15%
Breaded Chicken Sandwich	215	560	290	32	5	0	45	780	46	4	5	23	6%	6%	10%	20%
Jumbo Popcorn Chicken® - Snack	113	380	190	22	4	0	45	1250	27	3	1	18	0%	0%	2%	10%
Jumbo Popcorn Chicken® - Large	170	560	290	32	6	0.5	65	1890	41	5	2	27	0%	0%	4%	15%
Ranch Sauce	28	150	140	16	2.5	0	10	210	1	0	1	0	0%	0%	0%	0%
Honey Mustard Sauce	28	90	70	7	1	0	10	190	7	0	5	0	0%	0%	0%	0%
BBQ Sauce	28	45	0	0	0	0	0	390	11	0	7	0	2%	0%	0%	2%

Coneys

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Extra-Long Chili Cheese Coney	237	600	290	33	11	1	75	1700	54	4	7	24	10%	2%	15%	25%
Corn Dog	74	210	100	11	3.5	0	20	530	23	2	4	6	0%	0%	4%	6%
Extra-Long Slaw Dog	280	670	340	38	12	1	80	1770	60	4	8	24	15%	120%	20%	25%

Other Items

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
FRITOS® Chili Pie	275	940	570	64	18	1	65	1540	72	6	3	25	30%	4%	35%	10%
Fish Sandwich	246	650	280	31	5	0	40	1160	71	7	12	22	2%	2%	15%	25%
Breaded Pork Fritter Sandwich	242	640	290	33	6	0	30	840	66	7	11	22	6%	6%	15%	25%
Burrito	122	370	160	18	6	0	15	480	40	6	0	10	8%	0%	4%	20%
Burrito Deluxe	156	420	200	22	7	0.5	25	640	43	6	1	13	15%	2%	6%	25%
Tacos	118	340	180	20	6	0.5	25	360	35	4	1	8	15%	0%	15%	10%

Faves & Craves

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Onion Rings - Regular	156	440	190	21	3.5	0	0	210	55	3	14	6	0%	0%	2%	6%
Onion Rings - Large	227	640	280	31	5	0.27	0	300	80	4	20	9	0%	0%	4%	8%
Tater Tots - Regular	84	240	140	15	3	0	0	530	24	3	0	2	0%	0%	2%	2%
Tater Tots - Large	126	370	210	23	4	0	0	790	36	4	0	3	0%	0%	4%	2%
Tater Tots - SONIC size	168	490	280	31	6	0	0	1050	48	5	0	4	0%	0%	4%	4%
French Fries - Regular	75	220	80	9	1.5	0	0	100	32	2	0	2	0%	0%	2%	2%
French Fries - Large	98	280	100	11	2	0	0	135	42	3	0	3	0%	4%	2%	4%
French Fries - SONIC size	134	390	140	15	3	0	0	180	57	4	0	4	0%	6%	2%	6%
French Fries w/cheese - Regular	93	280	120	14	5	0	20	420	33	2	1	5	6%	4%	10%	2%
French Fries w/cheese - Large	125	380	170	19	7	0	30	600	44	3	1	8	8%	4%	15%	4%
French Fries w/cheese - SONIC size	170	510	230	26	9	0.5	35	810	60	4	2	10	10%	6%	20%	6%
French Fries w/chili & cheese - Regular	122	310	150	16	6	0	25	370	35	3	1	8	10%	4%	15%	6%
French Fries w/chili & cheese - Large	186	450	230	25	9	0.5	40	610	48	4	1	13	15%	6%	20%	10%
French Fries w/chili & cheese - SONIC size	262	620	310	35	13	1	55	870	66	6	2	19	25%	8%	25%	15%
Tater Tots w/cheese - Regular	102	310	190	21	6	0	20	840	26	3	1	5	6%	0%	10%	2%
Tater Tots w/cheese - Large	153	460	280	31	9	0.5	30	1260	39	4	1	7	8%	0%	15%	4%
Tater Tots w/cheese - SONIC size	204	620	370	41	12	1	35	1680	51	5	2	10	10%	0%	25%	4%
Tater Tots w/chili & cheese - Regular	131	340	210	23	7	0.5	25	790	27	3	1	8	10%	2%	15%	4%
Tater Tots w/chili & cheese - Large	193	470	280	31	8	0.5	20	1110	41	5	2	8	10%	2%	6%	8%
Tater Tots w/chili & cheese - SONIC size	296	720	450	50	16	1.5	60	1750	57	7	2	18	25%	4%	30%	10%
Mozzarella Sticks	140	440	200	22	9	0.5	45	1050	40	2	1	19	10%	0%	45%	6%
Ched 'R' Bites®	84	280	140	15	6	0	30	740	22	1	0	13	8%	0%	35%	4%
Ched 'R' Peppers®	120	330	150	17	6	1	25	1110	36	2	2	8	8%	0%	15%	4%
FRITOS® Chili Pie	275	940	570	64	18	1	65	1540	72	6	3	25	30%	4%	35%	10%
Fish Sandwich	246	650	280	31	5	0	40	1160	71	7	12	22	2%	2%	15%	25%
Breaded Pork Fritter Sandwich	242	640	290	33	6	0	30	840	66	7	11	22	6%	6%	15%	25%
Burrito	122	370	160	18	6	0	15	480	40	6	0	10	8%	0%	4%	20%
Burrito Deluxe	156	420	200	22	7	0.5	25	640	43	6	1	13	15%	2%	6%	25%
Tacos	118	340	180	20	6	0.5	25	360	35	4	1	8	15%	0%	15%	10%

Sonic Blast®

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Oreo® Sonic Blast® - Regular (14 oz)	363	540	190	21	12	0.5	60	280	80	1	67	7	10%	0%	25%	10%
Oreo® Sonic Blast® - Large (20 oz)	523	790	270	30	17	1	85	440	118	1	98	10	15%	0%	35%	20%
M&M's® Sonic Blast® - Regular (14 oz)	374	600	210	24	15	0.5	60	210	88	1	78	8	10%	0%	30%	8%
M&M's® Sonic Blast® - Large (20 oz)	543	900	320	36	22	1	85	310	132	1	118	12	20%	0%	40%	15%
Reese's Peanut Butter Cups® Sonic Blast® - Regular (14 oz)	372	560	170	19	12	0.5	65	250	89	1	74	9	10%	0%	30%	8%
Reese's Peanut Butter Cups® Sonic Blast® - Large (20 oz)	539	840	250	27	17	1	90	390	135	1	110	14	20%	0%	40%	10%
Butterfinger® Sonic Blast® - Regular (14 oz)	373	580	200	22	13	0.5	60	240	88	0	72	8	10%	0%	25%	8%
Butterfinger® Sonic Blast® - Large (20 oz)	541	870	290	33	19	1	85	360	133	0	107	12	15%	0%	35%	10%

Shakes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Shake - Regular (14 oz)	419	470	160	17	11	0.5	65	200	71	0	62	7	10%	0%	25%	6%
Vanilla Shake - Large (20 oz)	578	670	220	25	15	1	90	280	102	0	89	10	15%	0%	40%	10%
Chocolate Shake - Regular (14 oz)	436	540	150	16	10	0.5	60	270	89	0	74	6	10%	0%	25%	6%
Chocolate Shake - Large (20 oz)	641	810	210	23	14	1	85	420	139	0	114	9	15%	0%	35%	8%
Strawberry Shake - Regular (14 oz)	433	510	150	16	10	0.5	60	200	83	1	69	7	10%	15%	25%	8%
Strawberry Shake - Large (20 oz)	635	750	210	23	14	1	85	280	126	1	103	10	15%	25%	35%	10%
Banana Shake - Regular (14 oz)	439	470	150	16	10	0.5	60	190	76	1	63	7	10%	6%	25%	6%
Banana Shake - Large (20 oz)	641	680	210	23	14	1	85	260	111	2	91	10	15%	10%	35%	10%

Pineapple Shake - Regular (14 oz)	433	500	150	16	10	0.5	60	200	80	0	66	6	10%	80%	25%	6%
Pineapple Shake - Large (20 oz)	635	730	210	23	14	1	85	280	121	0	98	9	15%	160%	35%	8%
Peanut Butter Shake-Regular (14 oz)	429	640	310	34	13	0.5	60	300	75	0	63	10	10%	0%	25%	6%
Peanut Butter Shake-Large-20 oz)	627	1010	530	59	20	1	85	490	111	0	92	17	15%	0%	35%	8%
Peanut Butter Fudge Shake-Reg (14 oz)	433	610	260	28	14	0.5	60	280	81	1	68	8	10%	0%	25%	8%
Peanut Butter Fudge Shake-Large (20 oz)	632	940	410	46	21	1	85	430	121	1	100	13	15%	0%	35%	10%
Hot Fudge Shake-Regular (14 oz)	434	570	190	21	14	0.5	60	240	85	1	71	6	10%	0%	25%	8%
Hot Fudge Shake-Large (20 oz)	637	870	300	33	23	1	85	370	131	2	108	9	15%	0%	35%	15%

Malts

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Malt - Regular (14 oz)	422	480	160	18	11	0.5	65	210	72	0	64	7	10%	0%	25%	8%
Vanilla Malt - Large (20 oz)	613	700	240	26	16	1	95	310	105	0	93	10	15%	0%	40%	10%
Chocolate Malt - Regular (14 oz)	439	550	150	17	10	0.5	60	280	91	0	76	7	10%	0%	25%	6%
Chocolate Malt- Large (20 oz)	647	840	220	24	15	1	85	440	143	0	117	10	15%	0%	35%	10%
Strawberry Malt - Regular (14 oz)	436	520	150	17	10	0.5	60	210	85	1	71	7	10%	15%	25%	8%
Strawberry Malt - Large (20 oz)	641	780	220	24	15	1	85	300	130	1	106	11	15%	25%	35%	10%
Banana Malt- Regular (14 oz)	442	490	150	17	10	0.5	60	200	78	1	65	7	10%	6%	25%	8%
Banana Malt - Large (20 oz)	647	710	220	25	15	1	85	280	114	2	95	10	15%	10%	35%	10%
Pineapple Malt - Regular (14 oz)	436	510	150	17	10	0.5	60	210	82	0	68	7	10%	80%	25%	6%
Pineapple Malt - Large (20 oz)	641	760	220	24	15	1	85	300	125	0	101	10	15%	160%	35%	10%

CreamSlush® Treat

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Strawberry CreamSlush® Treat - Regular (14 oz)	441	450	100	12	7	0	45	150	84	1	72	5	8%	15%	20%	6%
Strawberry CramSlush® Treat - Large (20 oz)	578	620	130	15	9	0.5	55	200	118	1	99	7	10%	25%	25%	8%
Orange CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	77	0	70	5	8%	0%	20%	4%
Orange CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	210	104	0	94	6	10%	0%	25%	6%
Cherry CreamSlush® Treat - Regular (14 oz)	437	440	110	13	8	0	45	160	77	0	71	5	8%	0%	20%	4%
Cherry CreamSlush® Treat - Large (20 oz)	569	590	150	17	10	0.5	60	210	105	0	96	6	10%	0%	25%	6%
Grape CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	76	0	70	5	8%	0%	20%	4%
Grape CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	220	103	0	94	7	10%	0%	25%	6%
Watermelon CreamSlush® Treat - Regular (14 oz)	437	440	110	13	8	0	45	160	77	0	70	5	8%	0%	20%	4%
Watermelon CreamSlush® Treat - Large (20 oz)	570	590	150	17	10	0.5	60	210	105	0	94	7	10%	0%	25%	6%
Blue Coconut CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	76	0	69	5	8%	0%	20%	6%
Blue Coconut CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	210	102	0	92	7	10%	0%	25%	8%
Lemon CreamSlush® Treat - Regular (14 oz)	446	430	110	13	8	0	45	160	77	0	69	5	8%	8%	20%	6%
Lemon CreamSlush® Treat - Large (20 oz)	587	590	150	17	10	0.5	60	210	104	0	92	7	10%	15%	25%	8%
Lemon-Berry CreamSlush® Treat - Regular (14 oz)	450	460	100	12	7	0	45	150	85	1	73	5	8%	20%	20%	6%
Lemon-Berry CreamSlush® Treat - Large (20 oz)	596	630	130	15	9	0.5	55	200	119	1	99	7	10%	40%	25%	8%
Lime CreamSlush® Treat - Regular (14 oz)	444	430	110	13	8	0	45	160	77	0	69	5	8%	4%	20%	6%
Lime CreamSlush® Treat - Large (20 oz)	583	580	150	17	10	0.5	60	210	104	0	92	7	10%	8%	25%	8%

Cream Pie Shakes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Banana Cream Pie Shake - Regular (14 oz)	470	590	170	19	11	0.5	55	220	98	1	83	7	15%	6%	25%	6%
Banana Cream Pie Shake - Large (20 oz)	692	860	220	25	15	1	75	290	151	2	129	10	20%	10%	35%	10%
Coconut Cream Pie Shake - Regular (14 oz)	450	580	180	20	12	0.5	60	230	93	0	82	7	15%	0%	25%	6%
Coconut Cream Pie Shake - Large (20 oz)	659	850	240	27	16	1	85	320	142	0	127	10	20%	0%	35%	10%
Chocolate Cream Pie Shake - Regular (14 oz)	475	660	170	19	11	0.5	60	300	114	0	96	7	15%	0%	25%	6%
Chocolate Cream Pie Shake - Large (20 oz)	692	990	220	25	15	1	75	450	180	0	152	9	15%	0%	30%	8%
Strawberry Cream Pie Shake - Regular (14 oz)	464	620	170	19	11	0.5	55	230	106	1	89	7	15%	15%	25%	8%
Strawberry Cream Pie Shake - Large (20 oz)	686	930	220	25	15	1	75	310	167	1	141	10	15%	25%	35%	10%

Floats/Blended Floats

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coca-Cola® Float/Blended Float - Regular (14 oz)	355	290	70	8	5	0	30	95	54	0	50	3	6%	0%	10%	4%
Coca-Cola® Float/Blended Float - Large (20 oz)	501	430	110	12	7	0	45	140	77	0	71	5	8%	0%	20%	4%
Diet Coke® Float/Blended Float - Regular (14 oz)	348	220	70	8	5	0	30	100	33	0	29	3	6%	0%	10%	4%
Diet Coke® Float/Blended Float - Large (20 oz)	492	330	110	12	7	0	45	150	50	0	44	5	8%	0%	20%	4%
Dr Pepper® Float/Blended Float - Regular (14 oz)	407	310	70	8	5	0	30	120	58	0	54	3	6%	0%	10%	4%
Dr Pepper® Float/Blended Float - Large (20 oz)	502	420	110	12	7	0	45	170	76	0	70	5	8%	0%	20%	4%
Diet Dr Pepper® Float/Blended Float - Regular (14 oz)	348	220	70	8	5	0	30	130	33	0	29	3	6%	0%	10%	4%
Diet Dr Pepper® Float/Blended Float - Large (20 oz)	492	330	110	12	7	0	45	190	50	0	44	5	8%	0%	20%	4%
Barq's® Root Beer Float/Blended Float - Regular (14 oz)	356	300	70	8	5	0	30	110	56	0	52	3	6%	0%	10%	4%
Barq's® Root Beer Float/Blended Float - Large (20 oz)	503	440	110	12	7	0	45	160	80	0	74	5	8%	0%	20%	4%

Desserts

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Banana Split	309	420	90	9	6	0	30	140	80	2	57	4	6%	60%	15%	4%
Junior Banana Split	134	180	30	3.5	2	0	10	60	37	1	25	2	2%	30%	4%	2%
Hot Fudge Cake Sundae	269	500	180	20	12	0	50	310	73	2	55	5	6%	0%	15%	30%
Banana Fudge	282	440	140	16	11	0	35	170	70	2	54	4	8%	6%	15%	6%

Single Topping Sundaes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Hot Fudge	253	440	160	18	13	0	35	170	63	1	52	4	6%	0%	15%	6%
Peanut Butter	248	510	280	31	12	0	35	230	53	0	44	8	6%	0%	15%	4%
Peanut Butter Fudge	250	470	220	25	13	0	35	200	58	1	48	6	6%	0%	15%	4%

Strawberry	252	380	120	13	9	0	35	120	61	1	49	4	6%	15%	15%	4%
Chocolate	255	410	120	13	9	0	35	190	67	0	55	4	6%	0%	15%	4%
Pineapple	252	370	120	13	9	0	35	125	58	0	47	4	6%	80%	15%	4%
Nuts Add-On	3.5	20	15	1.5	0	0	0	0	1	0	0	1	0%	0%	0%	0%

Cones & Dishes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Cone	133	180	60	6	4	0	25	80	30	0	22	2	4%	0%	10%	2%
Vanilla Dish	184	240	80	9	5	0	35	100	36	0	32	3	6%	0%	15%	4%

Real Fruit Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Lemon Real Fruit Slush - Wacky Pack (12 oz)	344	170	0	0	0	0	0	25	46	0	44	0	0%	8%	0%	0%
Lemon Real Fruit Slush - Small (14 oz)	399	200	0	0	0	0	0	30	53	0	50	0	0%	8%	0%	0%
Lemon Real Fruit Slush - Medium (20 oz)	577	290	0	0	0	0	0	45	78	0	74	0	0%	15%	0%	2%
Lemon Real Fruit Slush - Large (32 oz)	921	460	0	0	0	0	0	70	124	0	117	0	0%	20%	0%	2%
Lemon Real Fruit Slush - RT 44® (44 oz)	1265	630	0	0	0	0	0	95	170	1	161	0	0%	30%	0%	2%
Lemon-Berry Real Fruit Slush - Wacky Pack (12 oz)	345	180	0	0	0	0	0	30	48	0	45	0	0%	15%	0%	0%
Lemon-Berry Real Fruit Slush - Small (14 oz)	401	210	0	0	0	0	0	30	55	0	52	0	0%	15%	0%	0%
Lemon-Berry Real Fruit Slush - Medium (20 oz)	580	310	0	0	0	0	0	50	83	1	76	1	0%	25%	0%	2%
Lemon-Berry Real Fruit Slush - Large (32 oz)	925	500	0	0	0	0	0	75	132	1	121	1	0%	40%	0%	2%
Lemon-Berry Real Fruit Slush - RT 44® (44 oz)	1271	680	0	0	0	0	0	105	180	1	166	1	0%	50%	2%	2%
Lime Real Fruit Slush - Wacky Pack (12 oz)	342	170	0	0	0	0	0	25	46	0	44	0	0%	4%	0%	0%
Lime Real Fruit Slush - Small (14 oz)	397	200	0	0	0	0	0	30	52	0	50	0	0%	4%	0%	0%
Lime Real Fruit Slush - Medium (20 oz)	573	290	0	0	0	0	0	45	78	0	73	0	0%	8%	0%	2%
Lime Real Fruit Slush - Large (32 oz)	915	460	0	0	0	0	0	70	123	0	117	0	0%	10%	0%	2%
Lime Real Fruit Slush - RT 44® (44 oz)	1257	630	0	0	0	0	0	100	169	1	160	0	0%	15%	0%	2%
Strawberry Real Fruit Slush - Wacky Pack (12 oz)	336	180	0	0	0	0	0	30	48	0	45	0	0%	6%	0%	0%
Strawberry Real Fruit Slush - Small (14 oz)	392	210	0	0	0	0	0	30	55	0	52	0	0%	6%	0%	0%
Strawberry Real Fruit Slush - Medium (20 oz)	562	310	0	0	0	0	0	50	82	1	76	1	0%	15%	0%	2%
Strawberry Real Fruit Slush - Large (32 oz)	898	490	0	0	0	0	0	75	129	1	120	1	0%	20%	0%	2%
Strawberry Real Fruit Slush - RT 44® (44 oz)	1235	670	0	0	0	0	0	105	177	1	165	1	0%	25%	2%	2%

Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Cherry Slush - Wacky Pack (12 oz)	335	170	0	0	0	0	0	25	46	0	46	0	0%	0%	0%	0%
Cherry Slush - Small (14 oz)	391	200	0	0	0	0	0	30	53	0	53	0	0%	0%	0%	0%
Cherry Slush - Medium (20 oz)	560	290	0	0	0	0	0	45	78	0	78	0	0%	0%	0%	0%
Cherry Slush - Large (32 oz)	895	470	0	0	0	0	0	70	124	0	124	0	0%	0%	0%	0%
Cherry Slush - RT 44® (44 oz)	1231	640	0	0	0	0	0	100	170	0	170	0	0%	0%	0%	0%
Grape Slush - Wacky Pack (12 oz)	335	170	0	0	0	0	0	30	45	0	45	0	0%	0%	0%	0%
Grape Slush - Small (14 oz)	391	190	0	0	0	0	0	35	52	0	52	0	0%	0%	0%	0%
Grape Slush - Medium (20 oz)	560	290	0	0	0	0	0	50	76	0	76	0	0%	0%	0%	0%
Grape Slush - Large (32 oz)	895	460	0	0	0	0	0	80	121	0	121	0	0%	0%	0%	0%
Grape Slush - RT 44® (44 oz)	1230	620	0	0	0	0	0	110	166	0	166	0	0%	2%	0%	0%
Orange Slush - Wacky Pack (12 oz)	335	170	0	0	0	0	0	30	45	0	45	0	0%	0%	0%	0%
Orange Slush - Small (14 oz)	390	200	0	0	0	0	0	30	52	0	51	0	0%	0%	0%	0%
Orange Slush - Medium (20 oz)	559	290	0	0	0	0	0	45	77	0	75	0	0%	0%	0%	0%
Orange Slush - Large (32 oz)	894	460	0	0	0	0	0	75	122	0	120	0	0%	0%	0%	0%
Orange Slush - RT 44® (44 oz)	1229	630	0	0	0	0	0	100	168	0	164	0	0%	0%	0%	0%
Blue Coconut Slush - Wacky Pack (12 oz)	335	170	0	0	0	0	0	25	45	0	44	0	0%	0%	0%	0%
Blue Coconut Slush - Small (14 oz)	390	190	0	0	0	0	0	30	52	0	51	0	0%	0%	0%	0%
Blue Coconut Slush - Medium (20 oz)	559	290	0	0	0	0	0	45	76	0	74	0	0%	0%	0%	2%
Blue Coconut Slush - Large (32 oz)	894	450	0	0	0	0	0	70	121	0	118	0	0%	0%	0%	2%
Blue Coconut Slush - RT 44® (44 oz)	1229	620	0	0	0	0	0	100	166	0	162	0	0%	0%	0%	2%
Watermelon Slush - Wacky Pack (12 oz)	335	170	0	0	0	0	0	30	46	0	45	0	0%	0%	0%	0%
Watermelon Slush - Small (14 oz)	391	200	0	0	0	0	0	30	53	0	51	0	0%	0%	0%	0%
Watermelon Slush - Medium (20 oz)	560	290	0	0	0	0	0	45	78	0	75	0	0%	0%	0%	0%
Watermelon Slush - Large (32 oz)	895	470	0	0	0	0	0	75	124	0	120	0	0%	0%	0%	0%
Watermelon Slush - RT 44® (44 oz)	1231	640	0	0	0	0	0	100	170	0	164	0	0%	0%	0%	0%
Green Apple Slush - Wacky Pack (12 oz)	336	180	0	0	0	0	0	30	48	0	46	0	0%	0%	0%	0%
Green Apple Slush - Small (14 oz)	391	200	0	0	0	0	0	30	54	0	53	0	0%	0%	0%	0%
Green Apple Slush - Medium (20 oz)	561	310	0	0	0	0	0	45	81	0	78	0	0%	0%	0%	0%
Green Apple Slush - Large (32 oz)	897	490	0	0	0	0	0	75	129	0	124	0	0%	0%	0%	0%
Green Apple Slush - RT 44® (44 oz)	1233	670	0	0	0	0	0	100	177	0	170	0	0%	0%	0%	0%
Bubble Gum Slush-Wacky Pack (12 oz)	335	170	0	0	0	0	0	30	45	0	45	0	0%	0%	0%	0%
Bubble Gum Slush-Small (14 oz)	391	190	0	0	0	0	0	35	52	0	51	0	0%	0%	0%	0%
Bubble Gum Slush-Medium (20 oz)	560	290	0	0	0	0	0	55	76	0	75	0	0%	0%	0%	0%
Bubble Gum Slush-Large (32 oz)	895	460	0	0	0	0	0	85	121	1	120	0	0%	0%	0%	0%
Bubble Gum Slush-Route 44® (44 oz)	1230	620	0	0	0	0	0	120	166	1	165	0	0%	0%	0%	0%

Breakfast Foods

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Breakfast Bistro - Bacon, Egg & Cheese	162	510	270	30	10	0.5	320	1060	37	2	6	22	15%	0%	20%	20%
Breakfast Bistro - Ham, Egg & Cheese	181	460	220	24	7	0.5	325	1320	36	2	5	26	15%	0%	20%	25%
Breakfast Bistro - Sausage, Egg & Cheese	189	590	360	40	13	1	340	1000	37	2	5	23	15%	0%	20%	25%
BREAKFAST TOASTER® - Sausage, Egg & Cheese	194	620	380	42	13	1	340	1380	40	2	6	20	15%	0%	20%	15%
BREAKFAST TOASTER® - Bacon, Egg & Cheese	167	530	290	32	10	0.5	325	1440	40	2	7	20	15%	0%	20%	10%
BREAKFAST TOASTER® - Ham, Egg & Cheese	186	490	240	26	8	0.5	325	1700	40	2	6	24	15%	0%	20%	10%
Breakfast Burritos - Sausage, Egg & Cheese	167	470	270	30	11	1	325	1140	38	2	2	19	15%	0%	30%	20%
Breakfast Burritos - Bacon, Egg & Cheese	157	450	240	26	10	0.5	320	1240	38	2	2	20	15%	0%	30%	15%

Breakfast Burritos - Ham, Egg & Cheese	183	440	210	23	9	0.5	330	1630	37	2	2	26	15%	0%	30%	20%
SuperSonic® Breakfast Burrito	216	550	310	34	12	1.5	325	1340	47	4	3	20	15%	4%	30%	20%
French Toast Sticks (4)	120	500	280	31	5	0	15	490	49	2	9	7	0%	0%	10%	15%
Syrup	28	80	0	0	0	0	0	0	21	21	19	0	0%	0%	0%	0%

Breakfast Drinks

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coffee - Regular (14 oz)	415	10	0	0	0	0	0	35	2	1	0	1	0%	0%	2%	0%
Coffee - Large (20 oz)	593	15	0	0	0	0	0	50	3	1	0	1	0%	0%	2%	0%
Milk (1%)	244	110	20	2.5	1.5	0	10	130	13	0	12	8	10%	0%	30%	0%
Milk, Chocolate (1%)	244	160	20	2.5	1.5	0	10	210	27	0	25	8	10%	0%	30%	2%
Minute Maid® Orange Juice - Regular (14 oz)	329	150	0	0	0	0	0	20	36	0	32	2	0%	170%	2%	0%
Minute Maid® Orange Juice - Large (20 oz)	502	230	0	0	0	0	0	35	54	0	48	4	0%	260%	4%	0%
Minute Maid® Apple Juice - Regular (14 oz)	351	160	0	0	0	0	0	20	40	0	37	0	0%	140%	0%	0%
Minute Maid® Apple Juice - Large (20 oz)	428	190	0	0	0	0	0	25	49	0	45	0	0%	170%	0%	0%
Minute Maid® Cranberry Juice - Regular (14 oz)	357	170	0	0	0	0	0	20	46	0	45	0	0%	140%	0%	0%
Minute Maid® Cranberry Juice - Large (20 oz)	434	210	0	0	0	0	0	25	56	0	54	0	0%	170%	0%	0%
SONIC Sunris®e - Regular (14 oz)	370	180	0	0	0	0	0	30	46	0	42	1	0%	90%	2%	0%
SONIC Sunrise® - Large (20 oz)	457	230	0	0	0	0	0	40	60	0	56	2	0%	120%	2%	0%

Coffee Drinks*

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Iced Latté, Caramel (14 oz)	352	260	70	8	6	0	30	190	44	0	38	3	4%	0%	10%	2%
Iced Latté, Caramel (20 oz)	431	390	80	9	6	0	30	260	57	0	48	3	4%	0%	10%	2%
Iced Latté, Hazelnut (14 oz)	351	260	70	7	5	0	25	90	44	0	40	3	4%	0%	10%	2%
Iced Latté, Hazelnut (20 oz)	430	310	70	8	5	0	25	105	58	0	3	3	4%	0%	10%	2%
Iced Latté, Chocolate (14 oz)	351	260	70	7	5	0	25	150	45	0	36	3	4%	0%	10%	2%
Iced Latté, Chocolate (20 oz)	430	330	70	8	5	0	25	200	58	1	45	3	4%	0%	10%	2%
Iced Latté, Chocolate /Caramel (14 oz)	351	260	70	8	5	0	25	170	45	0	0	3	4%	0%	10%	2%
Iced Latté, Chocolate /Caramel (20 oz)	431	330	80	8	6	0	30	230	58	0	47	3	4%	0%	10%	2%
Iced Latté, Caramel/Hazelnut (14 oz)	351	260	70	8	5	0	25	140	44	0	39	3	4%	0%	10%	2%
Iced Latté, Caramel/Hazelnut (20 oz)	430	320	70	8	5	0	25	150	58	0	48	3	4%	0%	10%	2%
Iced Latté, Chocolate /Hazelnut (14 oz)	351	250	70	7	5	0	25	120	45	0	38	3	4%	0%	10%	2%
Iced Latté, Chocolate /Hazelnut (20 oz)	430	320	70	8	5	0	25	150	58	0	48	3	4%	0%	10%	2%
Java Chiller, Caramel (14 oz)	424	540	170	18	12	0.5	65	300	86	0	74	7	10%	0%	25%	6%
Java Chiller, Caramel (20 oz)	618	760	230	25	16	1	90	440	123	0	106	9	15%	0%	35%	8%
Java Chiller, Hazelnut (14 oz)	424	530	160	18	11	0.5	60	200	86	0	76	7	10%	0%	25%	6%
Java Chiller, Hazelnut (20 oz)	618	750	220	24	15	1	85	280	124	0	109	9	15%	0%	35%	10%
Java Chiller, Chocolate (14 oz)	423	540	160	18	11	0.5	60	260	87	0	73	7	10%	0%	25%	6%
Java Chiller, Chocolate (20 oz)	617	760	220	24	15	1	85	370	124	1	103	9	15%	0%	35%	8%
Java Chiller, Chocolate/Caramel (14 oz)	424	540	160	18	11	0.5	65	280	85	0	73	7	10%	0%	25%	6%
Java Chiller, Chocolate/Caramel (20 oz)	618	780	220	25	15	1	90	410	123	0	104	9	15%	0%	35%	8%
Java Chiller, Caramel/Hazelnut (14 oz)	424	530	160	18	11	0.5	60	230	85	0	74	7	10%	0%	25%	6%
Java Chiller, Caramel/Hazelnut (20 oz)	618	750	220	24	15	1	85	330	124	0	106	9	15%	0%	35%	10%
Java Chiller, Chocolate/Hazelnut (14 oz)	424	540	160	18	11	0.5	65	250	86	0	75	7	10%	0%	25%	6%
Java Chiller, Chocolate/Hazelnut (20 oz)	618	750	220	25	15	1	90	360	123	0	107	9	15%	0%	35%	12%
Hot Latté, Caramel (14 oz)	425	210	45	5	4.5	0	5	190	36	1	26	3	0%	0%	8%	0%
Hot Latté, Caramel (20 oz)	607	270	50	6	5	0	5	270	50	1	35	3	0%	0%	8%	0%
Hot Latté, Hazelnut (14 oz)	424	200	40	4.5	4	0	0	125	38	1	27	3	0%	0%	8%	0%
Hot Latté, Hazelnut (20 oz)	606	250	40	4.5	4	0	0	140	50	1	38	3	0%	0%	8%	0%
Hot Latté, Chocolate (14 oz)	424	210	40	4.5	4	0	0	160	38	1	25	3	0%	0%	8%	0%
Hot Latté, Chocolate (20 oz)	606	270	40	4.5	4	0	0	210	51	1	33	3	0%	0%	8%	0%
Hot Latté, Hazelnut/Chocolate (14 oz)	424	210	45	5	4.5	0	0	170	38	1	26	3	0%	0%	8%	0%
Hot Latté, Hazelnut/Chocolate (20 oz)	606	260	40	4.5	4	0	0	180	50	1	35	3	0%	0%	8%	0%
Hot Latté, Caramel/Hazelnut (14 oz)	424	210	45	5	4.5	0	0	160	38	1	27	3	0%	0%	8%	0%
Hot Latté, Caramel/Hazelnut (20 oz)	607	260	45	5	4.5	0	5	210	50	1	36	3	0%	0%	8%	0%
Hot Latté, Caramel/Chocolate (14 oz)	424	210	45	5	4.5	0	0	170	38	1	26	3	0%	0%	8%	0%
Hot Latté, Caramel/Chocolate (20 oz)	607	270	45	5	4.5	0	5	240	50	1	34	3	0%	0%	8%	0%

*Coffee products not currently available in all markets.

Soft Drinks

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coca-Cola® - Wacky Pack (12 oz)	277	110	0	0	0	0	0	5	30	0	30	0	0%	0%	0%	0%
Coca-Cola® - Small (14 oz)	354	140	0	0	0	0	0	10	39	0	39	0	0%	0%	0%	0%
Coca-Cola® - Medium (20 oz)	431	170	0	0	0	0	0	10	47	0	47	0	0%	0%	0%	0%
Coca-Cola® - Large (32 oz)	678	270	0	0	0	0	0	15	74	0	74	0	0%	0%	0%	0%
Coca-Cola® - RT 44® (44 oz)	924	370	0	0	0	0	0	20	101	0	101	0	0%	0%	0%	0%
Diet Coke® - Wacky Pack (12 oz)	266	0	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Small (14 oz)	340	0	0	0	0	0	0	15	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Medium (20 oz)	414	0	0	0	0	0	0	20	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Large (32 oz)	651	0	0	0	0	0	0	30	0	0	0	0	0%	0%	0%	0%
Diet Coke® - RT 44® (44 oz)	887	0	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Wacky Pack (12 oz)	266	0	0	0	0	0	0	55	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Small (14 oz)	340	0	0	0	0	0	0	70	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Medium (20 oz)	414	0	0	0	0	0	0	85	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Large (32 oz)	651	0	0	0	0	0	0	135	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - RT 44® (44 oz)	888	0	0	0	0	0	0	190	0	0	0	0	0%	0%	0%	0%
Dr. Pepper® - Wacky Pack (12 oz)	278	100	0	0	0	0	0	35	29	0	29	0	0%	0%	0%	0%
Dr. Pepper® - Small (14 oz)	355	130	0	0	0	0	0	45	37	0	37	0	0%	0%	0%	0%
Dr. Pepper® - Medium (20 oz)	432	160	0	0	0	0	0	50	45	0	45	0	0%	0%	0%	0%

Dr. Pepper® - Large (32 oz)	679	250	0	0	0	0	0	80	71	0	71	0	0%	0%	0%	0%
Dr. Pepper® - RT 44® (44 oz)	926	340	0	0	0	0	0	110	97	0	97	0	0%	0%	0%	0%
Sprite® - Wacky Pack (12 oz)	277	110	0	0	0	0	0	25	29	0	29	0	0%	0%	0%	0%
Sprite® - Small (14 oz)	354	140	0	0	0	0	0	30	37	0	37	0	0%	0%	0%	0%
Sprite® - Medium (20 oz)	431	170	0	0	0	0	0	40	45	0	45	0	0%	0%	0%	0%
Sprite® - Large (32 oz)	677	270	0	0	0	0	0	60	71	0	71	0	0%	0%	0%	0%
Sprite® - RT 44® (44 oz)	923	360	0	0	0	0	0	80	97	0	97	0	0%	0%	0%	0%
Sprite® Zero - Wacky Pack (12 oz)	266	5	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Sprite® Zero - Small (14 oz)	340	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Sprite® Zero - Medium (20 oz)	414	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Sprite® Zero - Large (32 oz)	651	5	0	0	0	0	0	15	0	0	0	0	0%	0%	0%	0%
Sprite® Zero - RT 44® (44 oz)	888	10	0	0	0	0	0	20	0	0	0	0	0%	0%	0%	0%
Barq's® Root Beer Wacky Pack (12 oz)	281	130	0	0	0	0	0	25	34	0	34	0	0%	0%	0%	0%
Barq's® Root Beer Small (14 oz)	356	160	0	0	0	0	0	35	43	0	43	0	0%	0%	0%	0%
Barq's® Root Beer Medium (20 oz)	433	190	0	0	0	0	0	40	52	0	52	0	0%	0%	0%	0%
Barq's® Root Beer Large (32 oz)	681	310	0	0	0	0	0	65	82	0	82	0	0%	0%	0%	0%
Barq's® Root Beer RT 44® (44 oz)	928	420	0	0	0	0	0	90	112	0	112	0	0%	0%	0%	0%
Hi-C® Fruit Punch - Wacky Pack (12 oz)	278	120	0	0	0	0	0	10	31	0	31	0	0%	110%	0%	0%
Hi-C® Fruit Punch - Small (14 oz)	356	150	0	0	0	0	0	15	40	0	40	0	0%	140%	0%	0%
Hi-C® Fruit Punch - Medium (20 oz)	432	180	0	0	0	0	0	15	49	0	49	0	0%	170%	0%	0%
Hi-C® Fruit Punch - Large (32 oz)	679	290	0	0	0	0	0	25	77	0	77	0	0%	270%	0%	0%
Hi-C® Fruit Punch - RT 44® (44 oz)	926	390	0	0	0	0	0	35	105	0	105	0	0%	370%	0%	0%
Minute Maid® Light Lemonade - Wacky Pack (12 oz)	267	5	0	0	0	0	0	5	1	0	1	0	0%	15%	0%	0%
Minute Maid® Light Lemonade - Small (14 oz)	341	5	0	0	0	0	0	5	1	0	1	0	0%	15%	0%	0%
Minute Maid® Light Lemonade - Medium (20 oz)	415	10	0	0	0	0	0	10	2	0	2	0	0%	20%	0%	0%
Minute Maid® Light Lemonade - Large (32 oz)	652	15	0	0	0	0	0	15	3	0	3	0	0%	30%	0%	0%
Minute Maid® Light Lemonade - RT 44® (44 oz)	889	20	0	0	0	0	0	20	4	0	4	0	0%	45%	0%	0%
Minute Maid® Orange Soda - Wacky Pack (12 oz)	278	120	0	0	0	0	0	0	33	0	33	0	0%	0%	0%	0%
Minute Maid® Orange Soda - Small (14 oz)	355	150	0	0	0	0	0	0	42	0	42	0	0%	0%	0%	0%
Minute Maid® Orange Soda - Medium (20 oz)	432	190	0	0	0	0	0	0	51	0	51	0	0%	0%	0%	0%
Minute Maid® Orange Soda Large (32 oz)	679	290	0	0	0	0	0	0	80	0	80	0	0%	0%	0%	0%
Minute Maid® Orange Soda RT 44® (44 oz)	926	400	0	0	0	0	0	0	109	0	109	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Wacky Pack (12 oz)	278	130	0	0	0	0	0	0	35	0	35	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Small (14 oz)	356	160	0	0	0	0	0	0	45	0	45	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Medium (20 oz)	433	200	0	0	0	0	0	0	54	0	54	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Large (32 oz)	680	310	0	0	0	0	0	0	85	0	85	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - RT 44® (44 oz)	928	420	0	0	0	0	0	0	116	0	116	0	0%	0%	0%	0%
Mello Yello® - Wacky Pack (12 oz)	278	120	0	0	0	0	0	10	33	0	33	0	0%	0%	0%	0%
Mello Yello® - Small (14 oz)	357	150	0	0	0	0	0	10	42	0	42	0	0%	0%	0%	0%
Mello Yello® - Medium (20 oz)	432	190	0	0	0	0	0	15	51	0	51	0	0%	0%	0%	0%
Mello Yello® - Large (32 oz)	678	290	0	0	0	0	0	20	80	0	80	0	0%	0%	0%	0%
Mello Yello® - RT 44® (44 oz)	925	400	0	0	0	0	0	30	109	0	109	0	0%	0%	0%	0%

Minute Maid® Juices

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Minute Maid® Apple Juice - Wacky Pack (12 oz)	275	120	0	0	0	0	0	15	31	0	29	0	0%	110%	0%	0%
Minute Maid® Apple Juice - Regular (14 oz)	351	160	0	0	0	0	0	20	40	0	37	0	0%	140%	0%	0%
Minute Maid® Apple Juice - Large (20 oz)	428	190	0	0	0	0	0	25	49	0	45	0	0%	170%	0%	0%
Minute Maid® Cranberry Juice - Wacky Pack (12 oz)	279	130	0	0	0	0	0	15	36	0	35	0	0%	110%	0%	0%
Minute Maid® Cranberry Juice - Regular (14 oz)	357	170	0	0	0	0	0	20	46	0	45	0	0%	140%	0%	0%
Minute Maid® Cranberry Juice - Large (20 oz)	434	210	0	0	0	0	0	25	56	0	54	0	0%	170%	0%	0%
Minute Maid® Orange Juice - Wacky Pack (12 oz)	282	130	0	0	0	0	0	20	30	0	27	2	0%	150%	2%	0%
Minute Maid® Orange Juice - Regular (14 oz)	329	150	0	0	0	0	0	20	36	0	32	2	0%	170%	2%	0%

Ice Tea

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Ice Tea - Wacky Pack (12 oz)	266	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Ice Tea-Small(14 oz)	340	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Ice Tea - Medium (20 oz)	414	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Ice Tea - Large (32 oz)	651	5	0	0	0	0	0	20	2	0	0	0	0%	0%	0%	0%
Ice Tea - RT 44® (44 oz)	887	10	0	0	0	0	0	25	3	0	0	0	0%	0%	0%	0%
Sweet Ice Tea - Wacky Pack (12 oz)	277	120	0	0	0	0	0	5	31	0	30	0	0%	0%	0%	0%
Sweet Ice Tea - Small (14 oz)	354	150	0	0	0	0	0	10	39	0	38	0	0%	0%	0%	0%
Sweet Ice Tea - Medium (20 oz)	431	180	0	0	0	0	0	10	48	0	47	0	0%	0%	0%	0%
Sweet Ice Tea - Large (32 oz)	678	290	0	0	0	0	0	20	75	0	73	0	0%	0%	0%	0%
Sweet Ice Tea - RT 44® (44 oz)	924	400	0	0	0	0	0	25	103	0	100	0	0%	0%	0%	0%
Raspberry Ice Tea - Wacky Pack (12 oz)	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Raspberry Ice Tea - Small (14 oz)	340	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Raspberry Ice Tea - Medium (20 oz)	414	5	0	0	0	0	0	25	2	0	0	0	0%	0%	0%	0%
Raspberry Ice Tea - Large (32 oz)	651	10	0	0	0	0	0	40	2	0	0	0	0%	2%	0%	0%
Raspberry Ice Tea - RT 44® (44 oz)	887	10	0	0	0	0	0	50	3	1	0	0	0%	2%	0%	0%
Peach Ice Tea - Wacky Pack (12 oz)	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Peach Ice Tea - Small (14 oz)	340	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Peach Ice Tea - Medium (20 oz)	414	5	0	0	0	0	0	25	1	0	0	0	0%	0%	0%	0%
Peach Ice Tea - Large (32 oz)	651	10	0	0	0	0	0	40	2	0	0	0	0%	0%	0%	0%
Peach Ice Tea - RT 44® (44 oz)	887	10	0	0	0	0	0	55	3	0	0	0	0%	0%	0%	0%

Hot Chocolate

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Hot Chocolate - Regular (14 oz)	205	120	25	2.5	2	0	0	170	23	1	17	1	0%	0%	0%	35%

Limeades

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Limeade - Wacky Pack (12 oz)	284	110	0	0	0	0	0	25	30	0	29	0	0%	4%	0%	0%
Limeade - Small (14 oz)	361	140	0	0	0	0	0	30	38	0	37	0	0%	4%	0%	0%
Limeade - Medium (20 oz)	445	170	0	0	0	0	0	40	47	0	46	0	0%	8%	0%	0%
Limeade - Large (32 oz)	691	270	0	0	0	0	0	60	73	0	72	0	0%	8%	0%	0%
Limeade - RT 44® (44 oz)	951	370	0	0	0	0	0	85	100	0	98	0	0%	15%	0%	0%
Lo-Cal Diet Limeade - Wacky Pack (12 oz)	273	5	0	0	0	0	0	5	1	0	0	0	0%	4%	0%	0%
Lo-Cal Diet Limeade - Small (14 oz)	347	5	0	0	0	0	0	10	1	0	0	0	0%	4%	0%	0%
Lo-Cal Diet Limeade - Medium (20 oz)	428	10	0	0	0	0	0	10	1	0	0	0	0%	8%	0%	0%
Lo-Cal Diet Limeade - Large (32 oz)	665	10	0	0	0	0	0	15	1	0	0	0	0%	8%	0%	0%
Lo-Cal Diet Limeade - RT 44® (44 oz)	916	15	0	0	0	0	0	25	2	0	0	0	0%	15%	0%	0%
Cherry Limeade - Wacky Pack (12 oz)	290	140	0	0	0	0	0	30	37	0	36	0	0%	4%	0%	0%
Cherry Limeade - Small (14 oz)	367	170	0	0	0	0	0	35	45	0	44	0	0%	4%	0%	0%
Cherry Limeade - Medium (20 oz)	453	220	0	0	0	0	0	45	59	0	57	0	0%	8%	0%	0%
Cherry Limeade - Large (32 oz)	707	340	0	0	0	0	0	65	91	0	88	0	0%	10%	0%	0%
Cherry Limeade - RT 44® (44 oz)	962	460	0	0	0	0	0	90	122	0	120	0	0%	15%	0%	0%
Lo-Cal Diet Cherry Limeade - Wacky Pack (12 oz)	277	10	0	0	0	0	0	10	2	0	1	0	0%	4%	0%	0%
Lo-Cal Diet Cherry Limeade - Small (14 oz)	350	10	0	0	0	0	0	10	2	0	1	0	0%	4%	0%	0%
Lo-Cal Diet Cherry Limeade - Medium (20 oz)	432	15	0	0	0	0	0	15	3	0	1	0	0%	8%	0%	0%
Lo-Cal Diet Cherry Limeade - Large (32 oz)	676	20	0	0	0	0	0	25	4	0	1	0	0%	10%	0%	0%
Lo-Cal Diet Cherry Limeade - RT 44® (44 oz)	920	25	0	0	0	0	0	30	4	0	1	0	0%	15%	0%	0%
Strawberry Limeade - Wacky Pack (12 oz)	286	140	0	0	0	0	0	30	36	0	33	0	0%	10%	0%	0%
Strawberry Limeade - Small (14 oz)	363	170	0	0	0	0	0	35	45	0	41	0	0%	10%	0%	0%
Strawberry Limeade - Medium (20 oz)	449	230	0	0	0	0	0	45	60	1	53	1	0%	20%	0%	2%
Strawberry Limeade - Large (32 oz)	704	360	0	0	0	0	0	70	93	1	83	1	0%	30%	2%	2%
Strawberry Limeade - RT 44® (44 oz)	959	480	0	0	0	0	0	95	126	1	112	1	0%	40%	2%	2%
Minute Maid® Apple Juice Limeade - Wacky Pack (12 oz)	285	120	0	0	0	0	0	25	33	0	33	0	0%	20%	0%	0%
Minute Maid® Apple Juice Limeade - Small (14 oz)	362	160	0	0	0	0	0	35	42	0	41	0	0%	20%	0%	0%
Minute Maid® Apple Juice Limeade - Medium (20 oz)	447	200	0	0	0	0	0	40	54	0	52	0	0%	40%	0%	0%
Minute Maid® Apple Juice Limeade - Large (32 oz)	701	310	0	0	0	0	0	65	84	0	82	0	0%	60%	0%	0%
Minute Maid® Apple Juice Limeade - RT 44® (44 oz)	956	430	0	0	0	0	0	90	114	0	111	0	0%	80%	0%	0%
Minute Maid® Cranberry Limeade - Wacky Pack (12 oz)	284	120	0	0	0	0	0	25	33	0	32	0	0%	15%	0%	0%
Minute Maid® Cranberry Limeade - Small (14 oz)	361	150	0	0	0	0	0	35	41	0	41	0	0%	15%	0%	0%
Minute Maid® Cranberry Limeade - Medium (20 oz)	445	200	0	0	0	0	0	40	53	0	52	0	0%	30%	0%	0%
Minute Maid® Cranberry Limeade - Large (32 oz)	698	310	0	0	0	0	0	65	83	0	81	0	0%	50%	0%	0%
Minute Maid® Cranberry Limeade - RT 44® (44 oz)	951	420	0	0	0	0	0	90	113	0	110	0	0%	60%	0%	0%

Juice Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Minute Maid® Apple Juice Slush - Wacky Pack (12 oz)	335	170	0	0	0	0	0	25	45	0	44	0	0%	15%	0%	0%
Minute Maid® Apple Juice Slush - Small (14 oz)	390	190	0	0	0	0	0	30	51	0	51	0	0%	15%	0%	0%
Minute Maid® Apple Juice Slush - Medium (20 oz)	558	280	0	0	0	0	0	45	76	0	75	0	0%	30%	0%	0%
Minute Maid® Apple Juice Slush - Large (32 oz)	893	450	0	0	0	0	0	70	120	0	119	0	0%	45%	0%	0%
Minute Maid® Apple Juice Slush - RT 44® (44 oz)	1228	620	0	0	0	0	0	100	165	0	164	0	0%	60%	0%	0%
Minute Maid® Cranberry Juice Slush - Wacky Pack (12 oz)	335	170	0	0	0	0	0	25	45	0	45	0	0%	15%	0%	0%
Minute Maid® Cranberry Juice Slush - Small (14 oz)	391	190	0	0	0	0	0	30	52	0	52	0	0%	15%	0%	0%
Minute Maid® Cranberry Juice Slush - Medium (20 oz)	560	290	0	0	0	0	0	45	77	0	77	0	0%	30%	0%	0%
Minute Maid® Cranberry Juice Slush - Large (32 oz)	895	450	0	0	0	0	0	70	122	0	122	0	0%	45%	0%	0%
Minute Maid® Cranberry Juice Slush - RT 44® (44 oz)	1231	620	0	0	0	0	0	100	167	0	167	0	0%	60%	0%	0%

POWERADE® Drinks & Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
POWERADE® Mountain Blast® - Wacky Pack (12 oz)	273	70	0	0	0	0	0	60	19	0	19	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Small (14 oz)	349	90	0	0	0	0	0	75	24	0	24	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Medium (20 oz)	425	110	0	0	0	0	0	95	30	0	30	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Large (32 oz)	668	180	0	0	0	0	0	150	47	0	47	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - RT 44® (44 oz)	912	240	0	0	0	0	0	200	64	0	64	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Wacky Pack (12 oz)	336	170	0	0	0	0	0	45	46	0	46	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Small (14 oz)	392	200	0	0	0	0	0	50	53	0	53	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Medium (20 oz)	561	290	0	0	0	0	0	80	78	0	78	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Large (32 oz)	897	460	0	0	0	0	0	120	124	0	124	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - RT 44® (44 oz)	1233	630	0	0	0	0	0	170	170	0	170	0	0%	0%	0%	0%

Ocean Water

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Ocean Water® - Wacky Pack (12 oz)	278	120	0	0	0	0	0	25	33	0	32	0	0%	0%	0%	0%
Ocean Water® - Small (14 oz)	355	150	0	0	0	0	0	35	41	0	40	0	0%	0%	0%	0%
Ocean Water® - Medium (20 oz)	433	200	0	0	0	0	0	40	53	0	51	0	0%	0%	0%	2%
Ocean Water® - Large (32 oz)	663	310	0	0	0	0	0	65	81	0	78	0	0%	0%	0%	2%
Ocean Water® - RT 44® (44 oz)	929	430	0	0	0	0	0	90	112	0	109	0	0%	0%	0%	2%

Fruit Smoothies

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Strawberry Fruit Smoothie - Regular (14 oz)	420	500	0	0	0	0	0	170	124	4	98	1	150%	270%	140%	10%
Strawberry-Banana Fruit Smoothie - Regular (14 oz)	435	460	0	0	0	0	0	180	113	8	91	1	160%	240%	150%	8%
Tropical Fruit Smoothie - Regular (14 oz)	415	440	0	0	0	0	0	160	108	3	76	1	150%	160%	150%	10%

Flavor Add-Ins

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Bubble Gum - Wacky Pack	9	20	0	0	0	0	0	10	5	0	4	0	0%	0%	0%	0%
Bubble Gum - Small	9	20	0	0	0	0	0	10	5	0	4	0	0%	0%	0%	0%
Bubble Gum - Medium	19	40	0	0	0	0	0	15	9	0	9	0	0%	0%	0%	0%
Bubble Gum - Large	28	60	0	0	0	0	0	25	14	1	13	0	0%	0%	0%	0%
Bubble Gum - RT 44®	38	80	0	0	0	0	0	30	19	1	17	0	0%	0%	0%	0%
POWERADE® - Wacky Pack	17	25	0	0	0	0	0	20	6	0	6	0	0%	0%	0%	0%
POWERADE® - Small	17	25	0	0	0	0	0	20	6	0	6	0	0%	0%	0%	0%
POWERADE® - Medium	34	50	0	0	0	0	0	40	13	0	13	0	0%	0%	0%	0%
POWERADE® - Large	52	70	0	0	0	0	0	60	19	0	19	0	0%	0%	0%	0%
POWERADE® - RT 44®	69	100	0	0	0	0	0	80	26	0	26	0	0%	0%	0%	0%
Hi-C® - Wacky Pack	9	25	0	0	0	0	0	0	7	0	7	0	0%	25%	0%	0%
Hi-C® Small	9	25	0	0	0	0	0	0	7	0	7	0	0%	25%	0%	0%
Hi-C® Medium	19	50	0	0	0	0	0	0	14	0	14	0	0%	50%	0%	0%
Hi-C® Large	28	80	0	0	0	0	0	0	21	0	21	0	0%	70%	0%	0%
Hi-C® Route 44	37	100	0	0	0	0	0	10	28	0	28	0	0%	100%	0%	0%
Vanilla - Wacky Pack	9	20	0	0	0	0	0	0	5	0	5	0	0%	0%	0%	0%
Vanilla - Small	9	20	0	0	0	0	0	0	5	0	5	0	0%	0%	0%	0%
Vanilla - Medium	19	40	0	0	0	0	0	0	11	0	11	0	0%	0%	0%	0%
Vanilla - Large	28	60	0	0	0	0	0	0	16	0	16	0	0%	0%	0%	0%
Vanilla - RT 44®	37	80	0	0	0	0	0	5	21	0	21	0	0%	0%	0%	0%
Chocolate Topping - Wacky Pack	19	50	0	0	0	0	0	40	12	0	8	0	0%	0%	0%	0%
Chocolate Topping - Small	19	50	0	0	0	0	0	40	12	0	8	0	0%	0%	0%	0%
Chocolate Topping Add-In - Medium	38	100	0	0	0	0	0	80	23	0	16	0	0%	0%	0%	0%
Chocolate Topping Add-In - Large	57	150	0	0	0	0	0	120	35	0	24	0	0%	0%	0%	0%
Chocolate Topping Add-In - RT 44®	76	200	0	0	0	0	0	160	46	0	32	0	0%	0%	0%	0%
Cherry - Wacky Pack	14	30	0	0	0	0	0	0	8	0	7	0	0%	0%	0%	0%
Cherry - Small	14	30	0	0	0	0	0	0	8	0	7	0	0%	0%	0%	0%
Cherry - Medium	23	50	0	0	0	0	0	5	14	0	13	0	0%	0%	0%	0%
Cherry - Large	33	70	0	0	0	0	0	10	20	0	19	0	0%	0%	0%	0%
Cherry - RT 44®	42	100	0	0	0	0	0	10	26	0	25	0	0%	0%	0%	0%
Diet Cherry - Wacky Pack	11	5	0	0	0	0	0	0	2	0	1	0	0%	0%	0%	0%
Diet Cherry - Small	11	5	0	0	0	0	0	0	2	0	1	0	0%	0%	0%	0%
Diet Cherry - Medium	19	10	0	0	0	0	0	5	2	0	1	0	0%	0%	0%	0%
Diet Cherry - Large	26	10	0	0	0	0	0	5	2	0	1	0	0%	0%	0%	0%
Diet Cherry - RT 44®	34	10	0	0	0	0	0	10	2	0	1	0	0%	0%	0%	0%
Grape - Wacky Pack	9	20	0	0	0	0	0	5	5	0	5	0	0%	0%	0%	0%
Grape - Small	9	20	0	0	0	0	0	5	5	0	5	0	0%	0%	0%	0%
Grape - Medium	19	40	0	0	0	0	0	10	9	0	9	0	0%	0%	0%	0%
Grape - Large	28	60	0	0	0	0	0	15	14	0	14	0	0%	0%	0%	0%
Grape - RT 44®	38	80	0	0	0	0	0	25	19	0	18	0	0%	2%	0%	0%
Green Apple - Wacky Pack	10	30	0	0	0	0	0	0	7	0	6	0	0%	0%	0%	0%
Green Apple - Small	10	30	0	0	0	0	0	0	7	0	6	0	0%	0%	0%	0%
Green Apple - Medium	20	60	0	0	0	0	0	5	15	0	11	0	0%	0%	0%	0%
Green Apple - Large	30	90	0	0	0	0	0	10	22	0	17	0	0%	0%	0%	0%
Green Apple - Route 44	40	120	0	0	0	0	0	15	29	0	22	0	0%	0%	0%	0%
Orange - Wacky Pack	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Orange - Small	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Orange - Medium	18	40	0	0	0	0	0	5	10	0	8	0	0%	0%	0%	0%
Orange - Large	28	60	0	0	0	0	0	10	15	0	13	0	0%	0%	0%	0%
Orange - RT 44®	37	80	0	0	0	0	0	15	20	0	17	0	0%	0%	0%	0%
Blue Coconut - Wacky Pack	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Blue Coconut - Small	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Blue Coconut - Medium	18	35	0	0	0	0	0	5	9	0	7	0	0%	0%	0%	2%
Blue Coconut - Large	27	60	0	0	0	0	0	10	14	0	11	0	0%	0%	0%	2%
Blue Coconut - RT 44®	36	70	0	0	0	0	0	10	18	0	15	0	0%	0%	0%	2%
Watermelon - Wacky Pack	10	25	0	0	0	0	0	0	6	0	4	0	0%	0%	0%	0%
Watermelon - Small	10	25	0	0	0	0	0	0	6	0	4	0	0%	0%	0%	0%
Watermelon - Medium	19	45	0	0	0	0	0	5	12	0	8	0	0%	0%	0%	0%
Watermelon - Large	29	70	0	0	0	0	0	10	17	0	13	0	0%	0%	0%	0%
Watermelon - RT 44®	38	90	0	0	0	0	0	15	23	0	17	0	0%	0%	0%	0%
Fresh Lemon Add-In - Wacky Pack	9	0	0	0	0	0	0	0	1	0	0	0	0%	6%	0%	0%
Fresh Lemon Add-In - Small	9	0	0	0	0	0	0	0	1	0	0	0	0%	6%	0%	0%
Fresh Lemon Add-In - Medium	18	5	0	0	0	0	0	0	2	0	0	0	0%	15%	0%	0%
Fresh Lemon Add-In - Large	27	5	0	0	0	0	0	0	2	0	1	0	0%	20%	0%	0%
Fresh Lemon Add-In - RT 44®	36	10	0	0	0	0	0	0	3	0	1	0	0%	30%	0%	0%
Fresh Lime Add-In - Wacky Pack	7	0	0	0	0	0	0	0	1	0	0	0	0%	4%	0%	0%
Fresh Lime Add-In - Small	7	0	0	0	0	0	0	0	1	0	0	0	0%	4%	0%	0%
Fresh Lime Add-In - Medium	14	5	0	0	0	0	0	0	1	0	0	0	0%	8%	0%	0%
Fresh Lime Add-In - Large	21	5	0	0	0	0	0	0	2	0	0	0	0%	10%	0%	0%
Fresh Lime Add-In - RT 44®	28	5	0	0	0	0	0	0	2	0	0	0	0%	15%	0%	0%
Strawberry Topping - Wacky Pack	18	35	0	0	0	0	0	0	8	0	5	0	0%	6%	0%	0%
Strawberry Topping - Small	18	35	0	0	0	0	0	0	8	0	5	0	0%	6%	0%	0%
Strawberry Topping - Medium	35	70	0	0	0	0	0	10	17	1	11	1	0%	15%	0%	2%
Strawberry Topping - Large	53	100	0	0	0	0	0	15	25	1	16	1	0%	20%	0%	2%
Strawberry Topping - RT 44®	70	140	0	0	0	0	0	20	33	1	21	1	0%	25%	2%	2%
Pineapple Topping - Wacky Pack	18	30	0	0	0	0	0	5	7	0	4	0	0%	40%	0%	0%
Pineapple Topping - Small	18	30	0	0	0	0	0	5	7	0	4	0	0%	40%	0%	0%
Pineapple Topping - Medium	35	60	0	0	0	0	0	10	14	0	8	0	0%	80%	0%	0%
Pineapple Topping - Large	53	90	0	0	0	0	0	15	21	0	12	0	0%	120%	0%	0%
Pineapple Topping - RT 44®	70	120	0	0	0	0	0	20	28	0	16	0	0%	160%	0%	0%
Minute Maid® Apple Juice Add-In - Wacky Pack	9	15	0	0	0	0	0	0	4	0	4	0	0%	15%	0%	0%

Minute Maid® Apple Juice Add-In - Small	9	15	0	0	0	0	0	0	4	0	4	0	0%	15%	0%	0%
Minute Maid® Apple Juice Add-In - Medium	18	35	0	0	0	0	0	0	9	0	8	0	0%	30%	0%	0%
Minute Maid® Apple Juice Add-In - Large	27	50	0	0	0	0	0	5	13	0	12	0	0%	45%	0%	0%
Minute Maid® Apple Juice Add-In - RT 44®	36	70	0	0	0	0	0	10	18	0	16	0	0%	60%	0%	0%
Minute Maid® Cranberry Juice - Wacky Pack	9	20	0	0	0	0	0	0	5	0	5	0	0%	15%	0%	0%
Minute Maid® Cranberry Juice - Small	9	20	0	0	0	0	0	0	5	0	5	0	0%	15%	0%	0%
Minute Maid® Cranberry Juice - Medium	18	40	0	0	0	0	0	0	10	0	10	0	0%	30%	0%	0%
Minute Maid® Cranberry Juice - Large	28	60	0	0	0	0	0	5	15	0	15	0	0%	45%	0%	0%
Minute Maid® Cranberry Juice - RT 44®	37	80	0	0	0	0	0	10	20	0	19	0	0%	60%	0%	0%

Condiments

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Mustard	6	5	0	0	0	0	0	55	0	0	0	0	0%	0%	0%	0%
Mayonnaise	12	80	80	9	1.5	0	5	60	0	0	0	0	0%	0%	0%	0%
Ketchup	9	10	0	0	0	0	0	110	2	0	2	0	0%	0%	0%	0%
Grape Jelly	14	35	0	0	0	0	0	0	9	0	7	0	0%	0%	0%	0%
Marinara Sauce	28	15	0	0	0	0	0	270	3	1	2	0	4%	0%	0%	2%
Sweet Relish	9	10	0	0	0	0	0	65	3	0	2	0	0%	0%	0%	0%
Strawberry Jam	14	40	0	0	0	0	0	0	9	0	8	0	0%	2%	0%	0%
French Fry Sauce	14	25	0	0	0	0	0	130	7	1	2	0	0%	0%	0%	0%
Picante Sauce	14	5	0	0	0	0	0	140	1	0	0	0	2%	0%	0%	0%

Limited Time Only Products*

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Fried Ice Cream Blast-14 Oz.	383	630	230	25	16	0.5	60	400	93	0	76	7	10%	0%	25%	8%
Fried Ice Cream Blast-20 Oz	553	950	330	37	23	1	90	660	143	1	116	10	15%	0%	35%	15%
Angus-Bacon Cheeseburger	258	760	470	52	18	2.5	125	960	34	3	6	36	10%	6%	20%	25%
Angus-Hickory Cheeseburger	258	680	370	41	16	2.5	115	1130	38	3	10	36	15%	10%	20%	25%
Angus-Jalapeno Cheeseburger	279	670	370	41	16	2.5	115	1360	34	3	6	36	15%	8%	20%	30%
Ultimate Cheesy Breakfast Burrito	217	660	380	42	17	1.5	345	1180	44	3	2	24	15%	4%	45%	20%
Junior Banana Split	134	180	30	3.5	2	0	10	60	37	1	25	2	2%	30%	4%	2%
Banana Pudding Shake-14 Oz	461	680	210	24	14	0.5	65	200	111	1	93	8	10%	6%	25%	10%
Banana Pudding Shake-20 oz	633	960	280	31	18	1	90	260	162	1	136	10	15%	6%	35%	15%

*Limited Time Only ("LTO") products are normally offered for thirty days. However LTOs may be offered for more or fewer than thirty days depending on drive-in location and menu items may vary depending on drive-in locale and product availability. Contact your participating Sonic Drive-In for product availability and details.

Consumer Information Center

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